Stay healthy with Well-Being Wednesdays

Well-Being Wednesdays are monthly, no-cost classes designed to help you build your overall physical and emotional health.



All sessions occur at 12-1 p.m. ET | 10-11 a.m. MT | 9-10 a.m. PT

Spanish closed captioning is only available during the on-demand recording.

Jan 21, 2026 – Breaking Through Fitness Barriers Overcome obstacles and build a sustainable fitness routine.	**Jul 22, 2026 – Summer Safety** Stay safe and healthy during the summer season.
Feb 18, 2026 – High Blood Pressure Manage blood pressure through lifestyle and daily habits.	**Aug 19, 2026 – Flu Awareness** Prepare for flu season with prevention strategies.
Mar 18, 2026 – Healthy Weight Learn practical tools for achieving and maintaining a healthy weight.	**Sep 23, 2026 – Osteoporosis Prevention** Support long-term bone health through nutrition and activity.
Apr 22, 2026 – Benefits of Moving in Nature Support physical and mental well-being through outdoor activity.	**Oct 21, 2026 – Women's Health** Focus on preventive care and long-term wellness.
May 20, 2026 – Digital Detox Reduce screen fatigue and improve focus.	**Nov 18, 2026 – Truth About Sugars** Understand sugar's impact and healthier choices.
Jun 17, 2026 – Boost Your Brain Power Enhance memory, focus, and cognitive performance.	**Dec 16, 2026 – Sustainable Celebrations** Maintain balance and well-being during the holidays.

Visit Well-Being Wednesdays or scan the QR code to register

KAISER PERMANENTE®